

NEW SOUTH WALES

ROGAINING

THE SPORT OF CROSS-COUNTRY NAVIGATION



Issue 111

September 2005



**CONGRATULATIONS ANDREW AND NICOLE HAIGH
LAKE MACQUARIE OVERALL WINNERS**

www.nswrogaining.org

ROGAINING CALENDAR

DATE	EVENT	LOCATION	CONTACT
8 October 2005	Tasmanian Champs	Deddington, Tas	www.rt.asn.au
15-16 October	NSW Championships	Wollemi NP, near Rylstone	Bert van Netten 4975 3693
12Nov 2005	6/12 hour Spring	ACT	act.rogaine.asn.au
20 November	6 hour Socialgaine	Wollongong	Ian Almond 4271 7465
26 Feb 2006	6 hour Metrogaine	Sydney Hills District	Janet Morris 9872 2914
8-9 April 2006	NSW Championships 24 Hour	Central West Goobang NP	Graeme Cooper 6772 3584
13-14 May 2006	Aus Championships	Victoria	vra.rogaine.asn.au
13-14 October	World Rogaining Championships	Western NSW	Alan Mansfield 9797 6773

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 Department of Lands



Upcoming Events

NSW Championships

24 hour event with 15 in 24 hour and 6 hour options - Entry form with this newsletter



Contact: Bert van Netten – 4975 3693

This year's NSW Rogaining Championships are being held in one of the jewels of the crown in the NSW National Park system. Around 2 hours drive north-west of Sydney, the terrain contains a mix of spectacular sandstone rock features, heathland, open eucalypt forest, and a few pockets of farmland.

The course contains several loops of checkpoints that are suitable for novices, as well as more challenging navigation and terrain for experienced competitors. There will be a tea and damper stop, in addition to the hash house, on the course.

SOCIALGAIN

6 hour daylight event - Entry form with this newsletter



Contact: Ian Almond – 4271 7465

Our last event for 2005 will be the Socialgain to be held on Sunday 20 November. This event will be 1½ hours south of Sydney CBD with the hash house easily accessible from the South Coast rail line.

Come and experience some of Wollongong's beautiful beaches and spectacular views from the Illawarra Escarpment. As with all rogaines, you decide where, how far and how fast you want to travel. The course will include suburban streets, beaches, bushland and some steep climbs to choose from.

Why not make a weekend of it and enjoy the surrounding area on the Saturday. Nearby accommodation options range from basic beach side camping to luxury five star hotels.

MESSAGE FROM THE PRESIDENT, MIKE HOTCHKIS

Mike and Debbie are currently overseas and unfortunately he had other things on his mind, besides rogaining and the newsletter. So there is no Message from Mike, not even a postcard. However, I am sure he will be back in the November issue with plenty of input, so we will let him have a holiday from journalism, just this once.

AN ALTERNATE SOURCE OF YOUR EVENT INFORMATION PACK

Are you going to enter an event? Will you be using the web to obtain the "Event Information Package" in the week before the event? If so please take note that these packages will from now on be placed on two web sites. If you have trouble with our own web site, "www.nswrogainig.org", try "<http://ntoc.asn.au>". On the NTOC site look for a link on the left side of the home page."

Graeme Cooper

THE COMMITTEE - 2005

President - Mike Hotchkis, 4294 1363 (home), m_d.hotchkis@optusnet.com.au

Vice President – *This position is currently vacant and seeking a volunteer*

Public Officer – Julian Ledger, 9261 1111 (work) julian@yhansw.org.au

Secretary – Alan Mansfield, 9797 6773 (home), soniaamansfield@optus.com.au

Treasurer – Tony Maloney, 9978 9181 (work) Anthony_maloney@promina.com.au

Event Manager - Phillip Groom, 4570 1249 (work), 4578 2278 (home) p.groom@uws.edu.au

Membership Secretary – Ian Almond, 220 Cordeaux Road, Mt Kembla NSW 2526 4271 7465 (Home) 4275 4105 (work), almondir@tpgi.com.au

Newsletter Editor – Julie Bacon, 4681 9537 (home) titianj@bigpond.com

Webmaster – Graeme Cooper, 6772 3584 (home), Graeme_cooper@bluepin.net.au

Publicity Co-ordinator - Graham Millar 9975 4240 gmillar@ozemail.com.au

Safety Officer – Richard Sage, 9564 2126 (home), danis-sage@bigpond.com

ARA Representative – Alan Mansfield, 9797 6773 (home), soniaamansfield@optus.com.au

Volunteer Co-ordinator – Graeme Cooper 6772 3584 (home), Graeme_cooper@bluepin.net.au

Equipment Officer – Paul and Deb Stein, 54 Campsie Street, Wilton 4630 9545, 0419641002; pauldeb@bocnet.com.au

General Committee – *Two positions are currently vacant and seeking volunteers*



Some more glimpses of the NSW Champs in October

VOLUNTEERS FOR UPCOMING NSWRA ROGAINES

As always there is a need for people to help with the running of events. Some of the jobs only require a commitment to work on the day of the event. The organisers of the NSW Championships on 15-16 October require both Admin Assistants and Hash House Helpers. The Socialgaine in November has a nearly full crew but after that there are plenty of vacant slots for next year's events. Please give some thought to how you can help your rogaining association. Have a look at the job descriptions after the table below for inspiration.

To add your name to the list below, please contact the Volunteer Co-ordinator, **Graeme Cooper**, Ph: 6772 3584 or email "graeme_cooper@northnet.com.au"

NSW Championships 24 Hour 15-16 October	Socialgaine 6 hour 20 November	Metrogaine 6 hour 26 February 2006	NSW Championships 24 Hour 8-9 April 2006	Paddy Pallin 6 hour 18 June 2006
Organiser	Organiser	Organiser	Organiser	Organiser
David Coysh Alan Mansfield and Bert van Netten	Ian Almond			
Administrator	Administrator	Administrator	Administrator	Administrator
David Coysh	Lucy Temple-Smith	Melvyn Cox		
Admin Assistants	Admin Assistants	Admin Assistants	Admin Assistants	Admin Assistants
	Chris Moore Greg Knight Elouise Peach Bronwyn Wilson			
Course Setters	Course Setters	Course Setters	Course Setters	Course Setters
Bert van Netten Ian Dempsey	Trevor Gollan Philip Whitten Ted Booth Phillip Allen Bob Bartle John Guilly	Janet Morris	Graeme Cooper Barry Brandon	
Veters	Veters	Veters	Veters	Veters
Bert van Netten Ian Dempsey Harry Goyen	Trevor Gollan			

NSW Championships 24 Hour 15-16 October	Socialgaine 6 hour 20 November	Metrogaine 6 hour 26 February 2006	NSW Championships 24 Hour 8-9 April 2006	Paddy Pallin 6 hour 18 June 2006
Flag Retrieval	Flag Retrieval	Flag Retrieval	Flag Retrieval	Flag Retrieval
	John Anderson	Not required		
Caterer	Caterer	Caterer	Caterer	Caterer
Michael Sutton and the local Bush Fire Brigade	Andrew Palmisano			1 st Waitara Scouts
Hash House Team	Hash House Team	Hash House Team	Hash House Team	Hash House Team
	David Green Dayle Green Richard Connors Rob Watson			
Site Staff	Site Staff	Site Staff	Site Staff	Site Staff
	Colin Taylor Ted Booth Phillip Allen Bob Bartle John Guilly			
Photographer	Photographer	Photographer	Photographer	Photographer
	Colin Taylor			
Safety Officer	Safety Officer	Safety Officer	Safety Officer	Safety Officer
	Rod Doyle			

Job Descriptions

Organiser. To act as overall coordinator and see that all the other jobs are being done.

Administrator. To prepare the entry form, accept and process entries. To record and bank entry and membership fees received. To provide information to competitors before, during and after the event. To register teams, distribute maps etc at the registration desk on the day of the event. To record arrivals and departures, calculate scores and allocate placings. To compile a result list. This job does require computer skills.

Admin Assistant. To assist the administrator, particularly on the day of the event.

Course Setter. To design and mark out the position of all check points and prepare the map.

Vetter. To inspect the whole course looking for any unwanted problems that it will present to competitors. To check the accuracy of every checkpoint location, water point, base camp and any other location that is specified.

Flag Hanging. To put out the flags and intention boards before the event.

Flag Retrieval. To collect the flags and intention boards after the event.

Caterer. To prepare a menu and divide up amongst the members of your team the task of purchasing the materials and bringing them to the event. To supervise the cooking and presentation of the food and drinks at the event. To keep track of all costs, submit a claim to the treasurer and see that your team is reimbursed.

Hash House Team Member. To assist the caterer before, during and after the event.

Site Staff. To act as a gate attendant, give car parking and camping directions, maintain toilets, the fire and water supply.

Photographer. To take photographs at the event for printing in the newsletter. For this job it is probably best that you actually compete in the event but be prepared to give up some time particularly at the start and finish.

NEWS FROM THE ORGANISING TEAM OF THE 7TH WORLD ROGAINING CHAMPIONSHIP AUSTRALIA 2006



The event site has been selected and landowner visiting is nearly complete. During the last landowner visit there was sufficient rain on the course for the course setting team member concerned to claim he saw a hippopotamus on the course. To paraphrase the Austrian souvenir t-shirt, "we have no kangaroos in Austria" and "we have no hippopotamus in Australia."

Map production has commenced. The World Championships will have its own especially developed map. More details when entry opens in early 2006.

Did you notice our event logo? Thanks to Colette Robinson of Smunch Design

By the time the NSW Championships are held in October 2005 the 7 WRC 2006 event website will be up and running. Look at our regular www.nswrogaining.org website for news about when it will come on line. Check it out and let us know what you think.

Photographs on the 7 WRC 2006 website have been supplied courtesy of Ian Brown and Andrew Introna. Thank you, Ian and Andrew. If you like what you see please contact me.

See you at the NSW Championships in October. The deadline is fast approaching so register now before it is too late.

Alan Mansfield

14TH ANNUAL LAKE MACQUARIE ROGAINE - 20 AUGUST 2005

The 14th Annual Lake Macquarie Rogaine got under way at midday with 58 teams in the 12 hour event and 60 teams in the 6 hour event. The strong winds which came up during the morning necessitated a modified start and a relocation of the hash house and finish tent. However the conditions improved later in the day with the evening being a lovely moonlit and calm night.

Congratulations to Andrew and Nicole Haigh who were the overall winners in this years Lake Macquarie Rogaine. Although the team of Joel Donney, Greig Scott and Jenny Scott also scored 1430 points they checked in at the finish 7 minutes later than Andrew and Nicole and had to settle for second place. John Jacoby and Chris Bryan with a score of 1400 were third overall.

In the 6 hour event Robert Vincent teamed with newcomer Geoff Todkill to take out this event with 1080 points. The supervet pair of David Dash and Peter Tamsett were second with 860 points while Geoff Harper and Caireen Urquhart were third with 850 points.

Many teams seemed to have some difficulty with control 54, however following the comments on the control description may have assisted those teams with their navigation. One of the highlights for most competitors was the Tea & Damper stop. Once again this welcome oasis in the bush was provided by the 1st Cardiff scout group and their many goodies were very much appreciated by those who stopped (and probably stayed longer than planned).

Course Setters Comments

We arrived at the Tea & Damper an hour and a half after the start and were amazed by the setup. The 1st Cardiff Scouts certainly know how to run a top Tea and Damper stop with a pitched roof canopy over tables with all kinds of cakes, treats and drinks. Having been there only a few hours before to put out checkpoint #44 with Bob Montgomery the change was amazing. We sampled some of the rocky road and other treats before the competitors consumed it all. Competitors were already coming through the checkpoint with most having smiles on their faces which was good considering the climb from the hash house.

We collaborated with Bert to set and vet the course. Bert set the western and southern parts of the course while we set the eastern and north eastern section. The course was set to provide a good introduction to novice competitors while providing a physical and navigational challenge for the top competitors. Some of the checkpoints were on unusual features: a gully cutting across a spur at #63, the unusual rocky spur at #90, the hanging gully at #91 and the knoll on a spur at #54. Checkpoint #54 seemed to cause competitors the most problems. Successful approaches to the control were to contour around from Wakefield Forest Road or to use definite attack points from Aubs Road. One of the top 12 hour mens teams commented on arriving back at the hash house that using definite attack point made the navigation simpler. Just heading for a gully or spur was not usually successful.

Thanks to Bob Montgomery who drove around to put out the last controls and check controls on Saturday morning and to those who collected controls after the event.
Robyn and Peter Charlton

Winners Score Card - 12 Hour

Andrew & Nicole Haigh – 10, 11, 13, 22, 23, 24, 27, 32, 33, 34, 35, Bonus, 41, 42, 43, 44, 45, 50, 52, 53, 54, 55, 61, 62, 64, 70, 71, 72, 73, 80, 90, 91

6 Hour

Robert Vincent & Geoff Todkill – 10, 11, 13, 20, 23, 24, 27, 30, 33, 34, 35, Bonus, 40, 42, 43, 44, 45, 52, 54, 55, 60, 62, 63, 64, 70, 72, 90,

14TH ANNUAL LAKE MACQUARIE ROGAINE - 20 AUGUST 2005

(Continued)

Most visited controls - # 10 – 103, # 27 – 99, # 63 – 97, # 44 -- 94

Least visited controls - # 31 – 3, # 30 - 7, # 51 – 8, # 34 - 15

Acknowledgements

The mapping and course setting was done by Peter Charlton and his daughter Robyn with some help from Bert Van Netten. Thanks must also go to Di Van Netten and her band of helpers from the Junior Orienteering Squad who once again did a magnificent job in ensuring the hash house was able to satisfy the appetites of the tired and the weary at the end of another challenging and successful rogaine.

A very much appreciated service was provided by the Cardiff scout group who provided that much talked about Tea & Damper stop at control #44. Although not as visible were the Wangi scouts who organised the car parking and the Cooronbong SES who assisted with power generation and being on hand for any emergency situation that may have arisen. We were indebted to Alan McCathy who generously allowed us to use his property for our start/finish area. Finally to Lake Macquarie City Council who support the rogaine by financing the map and medallions for placegetters.

How Your Entry Fee was Distributed

NSW Rogaining Ass	\$10
State Forests	\$1.90
T & D	\$1.60
Food	\$6.00
Caterers (Junior Orienteering Squad)	\$7.00
Wangi Scouts (car parking)	\$0.60
Administration	\$5.00
Cooronbong SES	\$2.00
Rescue Helicopter – donation	\$1.40
Duke of Edinburgh - donation	\$1.00
Miscellaneous *	\$1.50
	\$38.00

Most of this is absorbed in the form of a subsidy for the reduced entry fee for concession and family entries

Because Lake Macquarie City Council assist in financing printing of maps and providing medallions we are able to assist local organisations who assist us (providing volunteers) in running the event

14TH ANNUAL LAKE MACQUARIE ROGAINE - 20 AUGUST 2005

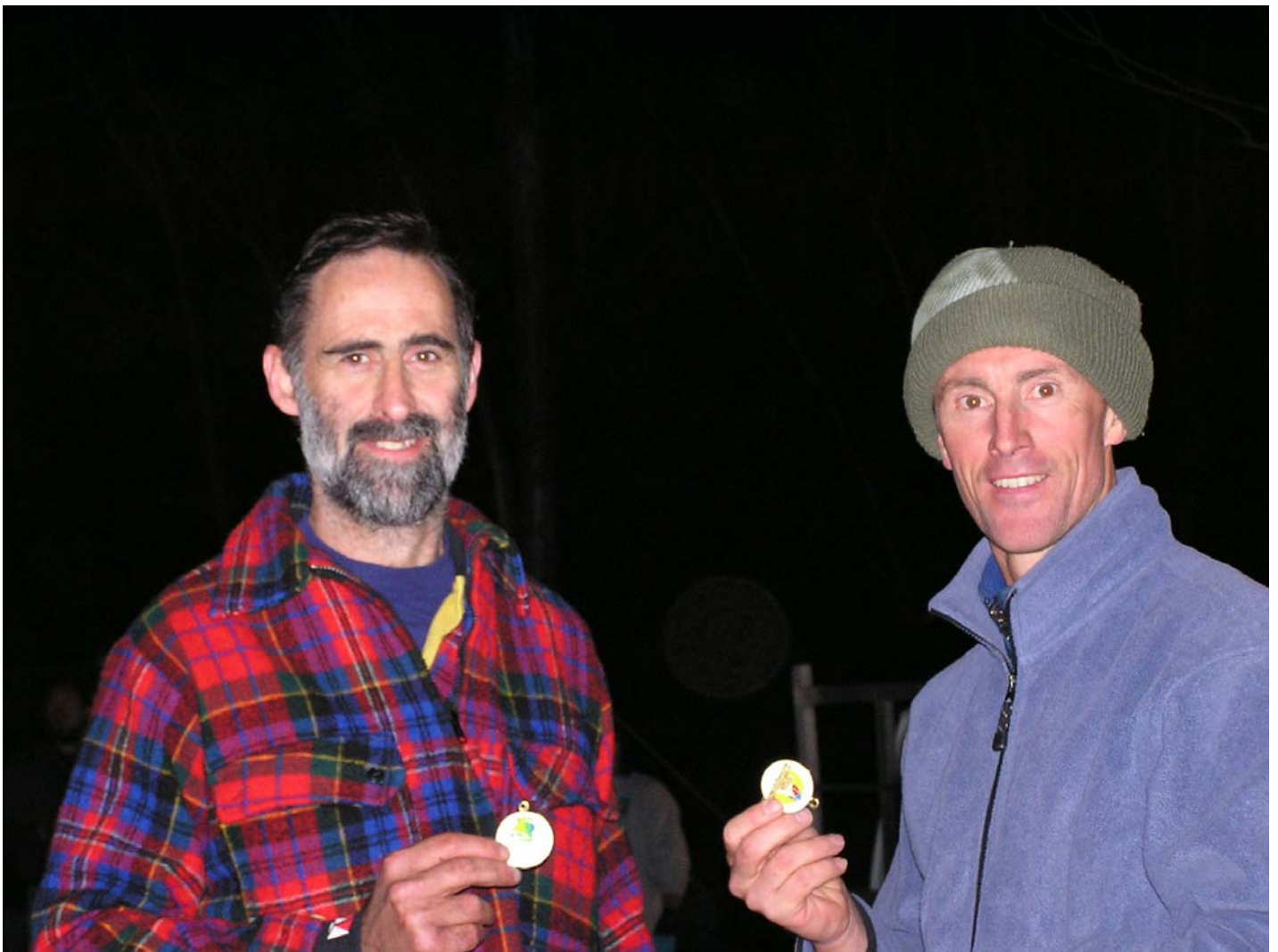
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Lake Macquarie Rogaine Wins Award

The 13th Annual Lake Macquarie Rogaine held last year was awarded a plaque for being a finalist in Hunter Region Sports Awards for the "Successful Promotion of a Sporting Event 2004". These awards are presented by the Australian Society of Sports Administrators and it was pleasing to see that they recognised the sport of rogaining. This was quite an achievement as other nominees were the Pura Cup cricket match NSW v Tasmania held in Newcastle and the Hunter Jaegers home matches in the National Netball League. The success of the Lake Macquarie Rogaine, now in its 14th year, is due to the commitment and dedication to the event by Bert and Di Van Netten. They have been involved in the organisation of all 14 events and have allowed thousands to have enjoyed the sport of rogaining as part of the Lake Macquarie Games

Thank you for once again supporting the Lake Macquarie Rogaine and we hope to see you again in 2006

Bob Gilbert
Administrator



Winners are Grinners - Geoff Todkill (left) and Robert Vincent proudly display their medals for winning the 6 Hour section of the Lake Macquarie Rogaine. Congratulations to them both and many thanks to Bob Gilbert who supplied the photos of our winners.

Results of 2005 Lake Macquarie Rogaine held on 20/08/2005

Date of Printing: 15/09/2005

12 hour Course

Team		Score	Time	Open	Men	Women	Mixed	Veteran	Super Veteran	Junior	Family
141	Andrew Haigh, Nicole Haigh	1430	11:49	1			1				
121	Joel Donney, Greig Scott, Jenny Scott	1430	11:56	2			2				
156	John Jacoby, Chris Ryan	1400	11:51	3	1			1			
135	Gary Ferris, Mark Garret	1330	11:56	4	2						
115	Jim Clody, Wayne COTTON, Paul Davis, Nick Milis	1270	11:57	5	3						
150	Sue Clarke, Chippy Le Carpentier	1170	10:48	6			3	2			
118	Joanna Parr, Alexa Troedson	1160	11:55	7		1					
140	Alexander Chew, Jonas GAVERSJO, Scott Mills	1140	11:52	8	4						
125	Belinda Ferris, Graeme Ferris	1110	11:42	9			4				
113	Chris Elphick, David Massa, Will Roden	1090	11:48	10	5						
158	Christophe Cowie, Danielle Kock, Darren McDevitt	1070	11:53	11			5				
124	Andrew GREEN, Mal Roberts	1040	11:50	12	6						
153	Paul Carruthers, Rob Macredie, Dominic Rolfe, Andrew Wisniewski	1030	10:24	13	7						
130	Alex Bergmann, Barry Drake	1030	11:53	14	8						
161	Brendan Byrne, Edwina Hatch	1020	11:05	15			6				
155	Jerry Argyriou, Kerensa Argyriou, Shawn Wright	1020	11:08	16			7				
138	Nick Bennell, Mat COOPER, Bob Kimbrey, Paul Stein	1000	11:43	17	9						
133	David Green, Andrew Palmisano	990	11:07	18	10			3			
149	Colleen Mock, Colin Mock	990	11:52	19			8	4			
111	Daniel Howe, Heidi NETTELBECK	960	11:39	20			9				
128	Alan Bradley, Steve Guy	940	11:40	21	11			5			
143	Mike DeWinton, Steve Johnston, Dave Naylor, Mark Phillips	930	12:06	22	12			6			
102	Jason Hollard, Sebastian Hollard	910	11:20	23	13						1
144	Stacey Chesworth, Adrian Frecklington	900	11:55	24			10				
148	Tsalina Phang, Luke Su	890	11:53	25			11				
254	Daryl Hunter, Nigel Thompson	870	11:38	26	14						
157	Stephen Fityus, David Lembke, Florian Schwenn	870	11:50	27	15						

Results of 2005 Lake Macquarie Rogaine held on 20/08/2005

Date of Printing: 15/09/2005

12 hour Course

160	Amanda Bates, Duncan Macaulay	840	11:57	28			12			
139	Emily Grommek, Jon Hull	840	11:58	29			13			
134	Marilyn Ferris, Lesley Taylor	810	11:52	30		2		7		
112	Brett Golledge, Anthony Hayes, Peter HOLTZ, Dom Isberg	810	11:53	31	16			8		
129	Patty Correll, Leeanne Dwyer	770	11:06	32		3				
152	Matthew Parsons, Libby Punch	770	11:27	33			14			
105	Julie Stanley, Paul Stanley	760	09:46	34			15			
126	Thomas Lenzenhofer, Steve Tancred	740	11:22	35	17					
123	Philip Allen, Ted Booth	730	10:15	36	18			9	1	
127	Sieger DE VRIES, Jason King, Maarinke VANDER MEULEN, Campbell Wills	730	11:55	37			16			
146	Rohan Stelling, Aiden Stelling	660	11:31	38	19					
131	Debbie Hotchkis, Mike Hotchkis	640	07:52	39			17	10		
147	Roslyn Atkins, Renate Griffith	640	11:02	40		4		11		
163	Adam Kent, Anna Park	630	10:34	41			18			
116	Ann Montgomery, Pam Montgomery	620	11:46	42		5				
136	Rodger Austen, Rochelle Derriman	600	10:11	43			19			
142	Max Coates, Gillian Mohring, Greg Rowe, Simon Williams	580	09:31	44			20			
137	Ugo Cario, Russell Swanson	560	09:56	45	20			12	2	
122	Tim FALK, Sam Nicoll, Mark SPENCER	550	10:37	46	21					
145	Makisa Hoang, Damien Tampling	550	11:30	47			21			
107	Jim Hubbard, Bob McNairn	520	11:34	48	22			13	3	
109	Penny Field, Geoff Ritchie	510	11:57	49			22	14		
117	Sharon Cunningham, Allison Dane	500	10:05	50		6				
106	Aaron BUTLER, Jarrod RUEFF	500	10:08	51	23					
114	Jacki ALCOCK, Jane Greenop, Ray Jenkins	480	09:34	52			23			
104	Helen Meek, Jim Meek	470	11:56	53			24	15		
119	Stephen Ward, Tracy Anne Ward	460	10:52	54			25			
110	Judy Shea, Paul Shea	400	07:29	55			26	16	4	
159	Ian Marx, Julian Radom	290	10:26	56	24					
101	Alan Mansfield, Louis Mansfield, Sophia Mansfield	80	04:03	57			27			2

Results of 2005 Lake Macquarie Rogaine held on 20/08/2005

Date of Printing: 15/09/2005

6 hour Course

Team		Score	Time	Open	Men	Women	Mixed	Veteran	Super Vet	Junior	Family
244	Geoff Todkill, Robert Vincent	1080	05:40	1	1			1			
239	David Dash, Peter Tamsett	860	05:59	2	2			2	1		
201	Geff Harper, Caireen Urquhart	850	05:48	3			1				
257	Gavin WRIGHT, Joel Wright	850	05:56	4	3						
229	Peter Marshall, Jim McLean	840	06:01	5	4			3			
215	David Lilley, Michael Lilley	780	05:55	6	5						
228	Julian KIRKBY, Michael LEONG, Michael SHAW	780	05:56	7	6					1	
216	Georg Hauswirth, Kevin Lloyd	770	05:51	8	7			4			
208	Murray CAMPBELL, David Klineberg, Doug Moore	760	05:52	9	8						
213	Margaret Bouttell, Karin Hefftner	750	05:54	10		1					
247	Gordon Kirky, Stuart Nolan	720	05:55	11	9						
154	Claire Barnett, Nick Herbertson, David Johnstone, Nina Zamani	710	05:54	12			2				
218	Bill Chalmers, Carolyn Chalmers	710	05:55	13			3	5	2		
255	Louise Dearnley, Martin Dearnley	710	05:55	14			4				1
230	John Cullity, Peter Overton	690	05:58	15	10			6			
253	Carolien Murre, Roel van Bernebeek	670	05:50	16			5				
231	Alex Heath, Geoff Shuetrim	670	05:53	17			6				
252	Katherine Dynon, Elise Ring	660	05:54	18		2					
214	Daniel Bradley, Malcolm Bradley	650	05:17	19	11						2
233	Deborah Byers, Ross Davies, Kath Grant, Lyn Jones, Andrew Lumsden	650	06:00	20			7	7			
207	Jennifer Vaccari, Lou Vaccari	580	05:55	21			8				3
206	Andrew Cole, John Cole	570	05:42	22	12			8			
227	Sue BOWMAN, Michael BOWMAN, Val DAVIES, George LEONG, Nicholas LEONG	560	05:48	23			9				
250	Sophie Bettington, David Frazer, Anna Rayward, Duncan Rayward	560	05:51	24			10				
203	Leon Whittle, Sean WRIGHT	560	06:05	25	13						
245	Yvonne Allen, Stewart Tamsett	550	05:59	26			11				
219	George Kriflik, Lynda Kriflik	540	05:38	27			12	9			
202	Anna Moore, Russell Moore	540	05:48	28			13				
108	Rowan Bisshop, Thomas Bisshop	530	06:03	29	14						4
151	Michael Cottrel-Dormer, Mark Howell	520	05:52	30	15						

Results of 2005 Lake Macquarie Rogaine held on 20/08/2005

Date of Printing: 15/09/2005

6 hour Course

251	Kelly Allert, Mal Kains	510	05:47	31			14			
259	Carolyn Hamilton, Kishore Sanghi	510	05:51	32			15			
236	Louise Cherry, Jessica FISCHELS, Ben LEVICK	500	05:48	33			16			
258	Georgina Castle, Matt Castle, Tim Castle	500	05:54	34			17			5
241	Mandy Argul, Uwe Dombrowski	490	05:59	35			18			
246	Damien Dawson, Greg Hanney, Scott Morrison	470	06:09	36	16					
220	Richard BELLMAINE, Peter Morris, Anne RAWSON, Monika Simpson, Narelle SINCLAIR	460	06:00	37			19	10		
222	Barbara Chapman, Kim Gibbs, Philip Gibbs, Anne Widmer	440	05:46	38			20	11		
234	Tracy Bryan, Scott Cohen, Doreen HANDY, Graeme ROLLINGS	440	05:56	39			21			
210	Sue Davis, Stuart Wilson	430	05:53	40			22			
249	Lisa Chew, Rebecca McKelvie, Lana Roos, Stephen Roos	420	05:51	41			23			
205	Gary AARON, Rheth KESSLER	400	06:09	42	17					
242	Peter Gordon, Pili Vazquez	390	05:22	43			24			
204	Alan Lowe, Lee Lowe	370	05:59	44			25	12		
237	Lou, Rob, Henry Dang, Katherine SMART, Wiebke ZUCH	360	06:04	45			26			
221	Michael Corfe, Sarah Corfe, Tracey Jenson	350	05:42	46			27			
211	Alan Scott, Manuel Velarde	350	06:07	47	18			13		
209	Lynne McNairn, Mark Robinson	330	05:54	48			28	14		
212	Craig MOILER, David MOILER	320	05:47	49	19					6
260	Michael Sumner, Michaela Sumner	300	05:00	50			29			7
235	Mark BOLTE, Judee Fuller, Joanne Gould	300	06:15	51			30			
224	Susan Davidson, Warren Davidson, Blythe MURPHY, Matt MURPHY	290	05:52	52			31			
240	Ashley Brennan, Grant Brennan, Natalie Brennan, Alison Fenton	290	06:05	53			32			8
238	Tian Liang, John Murby, Li Xue	270	05:40	54			33			9
223	Fiona Johnson, Diana Scott	240	03:37	55		3		15		
256	Julia Slotwinski, Marek Slotwinski	140	02:20	56			34			
226	Harvey Mitchell, Suzanne PRITCHARD	50	06:24	57			35			

217	John Cameron, Robin Cameron, Peter Cox, Angela Etheridge, Jim Phimister										
		Late									
232	Laura Eadie, Mark Webster	Late									

A LAST REMINDER ...

THE DEADLINE FOR THE NSW CHAMPIONSHIP ON 15-16 OCTOBER IS 30 SEPTEMBER.

LATE FEES APPLY AFTER THIS DATE.

SO DON'T DELAY IF YOU HAVEN'T REGISTERED YET.

FOR THE SOCIAL RUN AROUND BEAUTIFUL WOLLONGONG YOU HAVE A LITTLE LONGER.

WHAT IS ROGAINING?

Rogaining is the sport of long distance cross country navigation, in which teams of two to five people visit as many checkpoints as they wish in a set time period. The traditional rogaine is 24 hours in duration, however, there are shorter events of 6, 8 and 12 hours. Most New South Wales events are held within two to three hours travelling time of Sydney.

Most rogaines are on foot and held in attractive bush and farmland locations, however, some events are held in metropolitan areas (Metrogaines) or on bikes (Cyclegaines). Rogaining is a challenging adventure sport and is a lot of fun.

WHO IS IT FOR?

Rogaining is a team activity for people of all ages and levels of fitness. Everyone from elite athletes to families with young children can enjoy rogaining. New rogainers are always welcome and assistance is always available from organisers to help get novices started.

The parts of the course you visit are entirely up to you and your team members. There are no set routes and you don't have to spend the whole time on the course. You can return to the "Hash House" at any time for hot food and a rest around the campfire, or a sleep, before heading out again.

Some competitive teams may cover 50 kilometres in a 12 hour event and even more in an event of 24 hours duration. However, the distance you travel is entirely up to you. The satisfaction comes in finding your way around the course according to the route that you have chosen, and navigating back to the finish within the time limit.

WHAT DO YOU NEED?

Rogaining is good value for money. All you need is basic bushwalking gear including a compass, whistle, pencil, water bottle, comfortable and warm clothes and shoes, a waterproof jacket and a basic team first aid kit. On 12 and 24 hour events you may also wish to bring along camping gear and spend overnight at the Hash House.

WHAT DOES IT COST?

In New South Wales the entry fees vary from \$30 to \$50 depending on the event. This covers hot food during the event, your map, information sheets and facilities at the hash house. Family teams need only pay two adult entry fees.

An annual membership fee is required to cover insurance costs and a regular bi-monthly newsletter. Membership fees are currently \$20 per individual. Family membership – First adult \$20, \$10 for second adult and dependant children free. Household membership is \$20 for first person, \$10 for each additional where all members share the same address.

You can join when you enter your first event.

CONTACT INFORMATION:

If you are interested in trying Rogaining then get in touch with one of those listed below or the contact specified for the next event.

NSWRA Public Officer – Julian Ledger: 9261 1111 (work) julianl@yhansw.org.au

NSWRA Secretary – Alan Mansfield: 9797 6773 (home) soniaamansfield@optusnet.com.au